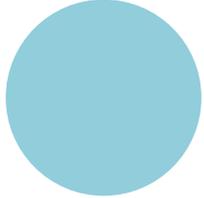


Tummy Size

Baby tummies start out very small. The amount of colostrum a woman makes is exactly right for her new baby.

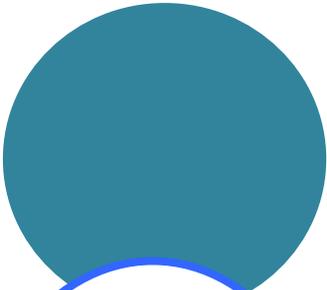
A 1 Day Old

has a tummy the size of a large marble (actual size)



A 3 Day Old

has a tummy the size of a ping pong ball



By **Day 10**, your baby's tummy is the size of a large chicken egg, and can hold 60 to 81 ml. (about 2 oz.).

On average, babies this age eat every 2 to 3 hours.

Is my baby getting enough?

Signs that your baby is well fed:



* Your baby is active and alert.

*Your baby is happy and satisfied after a feeding.

*Your baby breastfeeds at least 8 times in each 24 hours.

*You hear or see your baby swallow while feeding.

*Your baby has 3 or more poops a day after day one, increasing to 4 or more a day by day five.

* Your baby's doo doo changes from black to yellow by day five.

* Your baby has clear or pale yellow urine and 6 or more wet diapers a day by day 5.

Doo Doo



Doo doo - or poop - Can help you know if your baby is getting enough to eat.

A breastfed baby's poop should change during the first week.



Days 1 and 2
One or more doo doo diapers, black and sticky.

Days 3 and 4
Three or more poops, green and pasty.



Day 5 and after
Four or more yellow poops per day for the first few weeks of life.



When do I feed my baby?

Babies have many different signs that they are hungry. They often show subtle hunger cues *before* crying.

Babies should be fed when they are hungry, not on a set schedule. Some new babies are very sleepy, and may need you to wake them to be sure they eat at least 8 to 12 times in 24 hours. Watch for these signs that baby is hungry:

SIGNS
baby wants to eat :

*Smacking or licking lips.

*Opening and closing mouth.

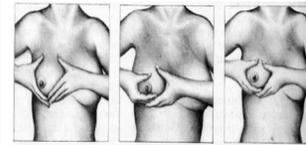
*Turning head and looking for the breast.

*Moving head side to side.

*Sucking on hands, arm or fingers.
(Avoid using a pacifier in the first weeks so you don't miss these signs.)

Hand Expression

Why? You may need to get colostrum or milk if separated from your baby, or if baby struggles to latch. Expressed milk can be given to your baby as she learns to nurse.



Gently massage to start milk moving down. Work evenly around the breast, stroking downward toward the nipple. Starting about half-way up the breast, run your thumb firmly down. As it reaches the edge of the areola (dark area around nipple), press in and up and milk may drip or squirt from the nipple. Express into clean container, or even a spoon for early drops of colostrum. Repeat all the way around the breast. Do not squeeze the nipple. It may take practice to get milk flowing.

Daddy!!!

A breastfed baby needs plenty of help from Dad. Though only mom can nurse the newborn, fathers are key to making sure that breastfeeding goes well from the start

Dads naturally provide protection and solutions for their families.

Going to a father's group and reading about breastfeeding benefits prepare dads to be helpful if challenges arise.



Dad can also:

* Set up a cozy breastfeeding spot for mom and baby
* Help mom to find a comfortable position and optimal latch.
*Bring water or a snack for mom.
* Burp, cuddle and change your baby.
* Help around house
*Encourage & love
Fatherhood Group
326-7778

My auntie, or neighbor, or tutu said...

Everyone has ideas, and wants to help! Let those who love you bring a meal, or do a load of laundry. But ideas from others about how to feed a baby may not always be what is best. Baby's dad can help by reading up on breastfeeding, helping you make a cozy nursing place and saying "not now" to visitors while you get settled. He may also have to politely say "no, thanks" to advice.

Breastfed babies don't need:

Formula, or water, unless MD prescribes

Juice, cereal in a bottle, or solid food before 6 months...

All have risks.

Breast milk only is what is best for a healthy baby until about 6 months. Seek expert advice when faced with a feeding decision. Contact the Helpline at 334-4127.

I WANT TO GIVE UP, It's too hard, hurts, I feel shame...

Breastfeeding is not always easy at first! In fact, it can start out hard, not always, but it can.

*
If you want to breastfeed and know how good it is for you and your baby but you want to give up ...look for a solution!



Too tired? Try side lie nursing in bed.

It hurts? Get help for position and latch. Modest? Use a cover-up or nurse at home. Pump milk to feed your baby if there are places where you just aren't comfortable nursing...

If you are struggling, do all you can to keep up your milk supply while you find a solution. Pump every 3 hours. Feed by cup or syringe. Bottles can make it more confusing for your baby at the breast.

HELP AND SUPPORT

After you leave the hospital, you can call the Hospital Lactation Center at: 808-322-4482.

Either go to see them or ask for them to contact someone to call you right away.

OR

Call the NEST Breastfeeding Helpline 808-334-4127.

Leave a message. Someone will get back to you within 24 hours.

OR

Look on-line at videos showing latch: www.drjacknewman.com

OR

Look for information on-line at: Kellymom.com

OR

[La Leche League.org](http://LaLecheLeague.org)

What about combining breastfeeding and bottle-feeding?

Know these facts:

The biggest health benefits come from baby having *only* breastmilk for the first six months. If you are thinking of giving your baby some formula, it is useful to know:

- *Introducing formula too early greatly increases the chances of breastfeeding failure. During the first 6 weeks your body is building up a good supply.
- * Your baby may feel too full from formula to nurse often and effectively to sustain your milk supply.
- * Even a small amount of formula causes changes in your baby's tummy that increase the risk of diarrhea, allergies, and even type 1 diabetes.
- * Every day of exclusive breastfeeding gives your baby better protection from illness for years to come.
- * Bottle feeding makes some young babies confused and frustrated at the breast.

If you are considering giving any formula in the first month, talk with a breastfeeding specialist about how to decrease the risk that this will interfere with successful breastfeeding.

My baby cannot breastfeed right now.

Sometimes a baby is born with a health challenge that keeps him from breastfeeding well or at all at first. In a situation like this, more than ever, baby needs the healthy benefits of breast milk...

What can you do?
When a baby cannot nurse right away, it's important to empty your breasts on a regular schedule so your body continues to make milk. This usually means using a breast pump, and often works best when combined with hand expressing milk. Even if you get little or no milk in the beginning, the process tells your body to make more.

Pumping assures that milk will be there when your baby is ready.

If you need a breast pump, your insurance or WIC can help, please check with NEST at 334-4127



Newborn Enhanced Support Team
334-4127

NEST is a Family Support Hawai'i program for newborns and their families. 'Ohana Resource Guides trained in postpartum and breastfeeding support visit each mom in the hospital to provide encouragement, a resource bag, and referrals for support after leaving the hospital. They can also call to see how you are settling in at home with baby. *There is no charge for support.*

--	--	--	--	--	--